

Blood Sugar-Friendly Cheese Latkes with Whole Grains

Protein-rich ricotta pancakes made with whole wheat flour create a satisfying low-GI breakfast that keeps blood sugar stable while delivering authentic flavor.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 4

GL 10.9 / GI 59

Ingredients

High protein, low GI, provides sustained energy part-skim ricotta cheese

Complex carbs with fiber, lower GI than white flour whole-wheat flour

Protein and healthy fats slow glucose absorption large eggs

Minimal amount, consider substituting with erythritol or allulose for zero glycemic impact granulated sugar

Leavening agent, no glycemic impact double-acting baking powder

Enhances flavor, no glycemic impact fine sea salt

Instructions

Step 1

Gather all ingredients and allow eggs and ricotta to come to room temperature for about 15 minutes. This ensures better incorporation and a smoother batter texture.

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Step 2

In a large mixing bowl, add the ricotta cheese and crack in the eggs. Whisk vigorously until the mixture becomes smooth and well combined, with no visible lumps of cheese remaining.

Step 3

Add the whole-wheat flour, low-glycemic sweetener (erythritol or allulose), baking powder, and salt to the ricotta-egg mixture. Stir gently with a wooden spoon or spatula until just combined into a thick, pourable batter. Avoid overmixing, which can make the latkes tough.

Step 4

Heat a large non-stick skillet or griddle over medium heat. Lightly coat the surface with cooking spray or brush with a minimal amount of olive oil or avocado oil. Allow the pan to heat for 2 minutes until a drop of water sizzles on contact.

Step 5

Using a tablespoon or small ladle, pour 2 tablespoons of batter onto the hot skillet for each latke. Use the back of the spoon to gently spread the batter into a thin circle about 3-4 inches in diameter. Cook 3-4 latkes at a time, leaving space between each.

Step 6

Cook undisturbed for 2-3 minutes until small bubbles form on the surface and the edges begin to look set. The bottom should be golden brown. If browning too quickly, reduce heat to medium-low.

Step 7

Carefully flip each latke using a thin spatula and cook for an additional 2-3 minutes on the second side until golden brown and cooked through. The latkes should feel firm when gently pressed.

Step 8

Transfer cooked latkes to a warm plate and repeat with remaining batter, adding a light coating of oil to the pan between batches as needed. This recipe makes approximately 12 latkes total. Serve immediately topped with fresh berries, a dollop of Greek yogurt, or sugar-free fruit compote for optimal blood sugar control. Each serving consists of 3 latkes.